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Banishing and Casting

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Merry Meet,

The following is a method of banishing and casting which I find very useful, and helps me focus and stabilize. I suggest familiarizing yourself with the Lesser Banishing Ritual of the Pentagram if you haven't already. It's a huge part, and a huge help. :)

Begin by facing the east, standing with your weight leavied equally on both legs. Imagine yourself being almost ant-sized, surrounded by all of the things which surrounded you before, however, only gigantic as compared to your ant-like mass. Take all of this in, the feeling you may receive when realizing your size. Once accustomed to this, imagine the love of the Goddess/God filling you, causing you to grow slowly, to your normal size, only the growing doesn't stop there. Visualize yourself continuing to grow until you out grow the room/building/area, until you are standing on top of the world.

At this point, with your athame, or index finger, while surrounded by the billions of stars, focus on one star in particular..a star which should call to you, be it a part of a constellation, or a star which seems to have its own individuality. The other stars should soon disappear as you draw the light toward you, or as the star itself moves towards you, towards your athame/index finger/what have you. With this, draw the energy, the silvery light into the athame/what have you, and begin the Lesser Banishing Ritual of the Pentagram. The Lesser Banishing Ritual of the Pentagram begins with the Qabalistic Cross, then the initial banishing. The Kabbalistic Cross begins by bringing the silvery energy, the light, with the athame/finger/etc, to your forehead, and vibrate the word, ""Ah-teh,"" until you run out of breath. Imagine the sound, the reverberations filling inside, and without, somewhat akin to surround sound. Continue by bringing the finger/athame/etc down in front/to your genital region, and utter the word "Malkuth," (Mal kooth). Once again, concentrate on the Silvery energy, add violet if it helps. Bring your athame/etc to your right shoulder and resonate "Veh-geburah," then to your left shoulder, murmuring, "Veh-gedulah,"" then clasp your hands in front of you and resonate ""Le-Olam"" After this, vibrate on a syllable/note which feels most comfortable to you. Take your Athame and draw the banishing Pentagram of earth to the East and, bringing the Athame to the center of the Pentagram, vibrate the deity name -- YOD HE VAU HE -- imagining that your voice carries forward to the East of the Universe. Holding the Athame out before you, go to the South, make the Pentagram and vibrate similarly the deity

name -- ADONAI. Go to the West, make the Pentagram and vibrate EHEIEH. Go to the North, make the Pentagram and vibrate AGLA. Return to the East and complete your circle by bringing the point of the Athame to the center of the first Pentagram. Stand, in the center of the circle, with arms outstretched in the form of a cross and say:

> BEFORE ME STANDS RAPHAEL
> BEHIND ME GABRIEL
> AT MY RIGHT HAND MICHAEL
> AT MY LEFT HAND URIEL
> BEFORE ME FLAMES THE PENTAGRAM
> AND ABOVE ME
> SHINES THE SIX-RAYED
> STAR.

((Naturally, the Archangels can be interchanged with whatever deities/spirits/watchtowers you feel more comfortable with.)) Continue by repeating the Kabbalistic Cross.

Long yet? Now that the initial Banishing is set, create your circle/sacred space by walking in a counter-clockwise direction three times. Using whatever oils/salts you're familiar with, (I work best with Jasmine and Amber, though Patchouli makes a nice substitue, then again with salts, any salt, even kitchen will serve it's purpose.) walk around once, casting droplets of oil about the circle. Once you've completed the circle, walk around with the Salt, then again with the other oil. After this, Start East, walking counterclockwise. You may wish to use Candles to illuminate each point as in N/S/E/W, however begin by facing the East, stating what the East means to you, and how the element/herbs/whatever makes you feel comfortable/ of the east intertwines with life. Once you've done this, walk around in a complete circle, counter-clockwise direction, until you get to the North, then repeat the process, walking in a complete circle until you get to the west, then the south, then arrive back at the east, making a comment about protection, or how each element combines with the other.

Your space is cleansed, a circle is cast, and you are ready to begin. :)

Lady Kerawynn

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Last modified: August 19 2018 14:58:25